



Join Deaconess, Memorial Baptist Church and Memorial Community Development Corporation as we walk our way to health and wellness all while having informational talks with our providers. Join us to explore the wonderful outdoor spaces that our area has to offer. Children of all ages (including those in strollers) and leashed pets are welcome to attend. Walking for Health is free.

All walks are from 9 - 10 AM at Memorial Baptist Church - 605 Connie Robinson Way  
You can walk at your own pace, for any distance you wish. Be sure to come early for registration.

---

**March 25** - Introduction/Overview

**April 1** - Oral Cancer Awareness Month

**April 8** - Sexual Assault Prevention & Awareness

**April 15** - National Minority Health Month

**April 22** - Blood Pressure & Cholesterol Knowing Your Numbers

**April 29** - Mental Health Awareness

**May 6** - Women's Health: Why are Women Different?

**May 13** - Arthritis Awareness

**May 20** - Lupus Awareness

**May 27** - Osteoporosis Awareness

**June 3** - National Men's Health Month

**June 10** - Scleroderma/Autoimmune Disease Awareness

**June 17** - Prostate Cancer Awareness

**June 24** - Stroke Prevention & Awareness

For more information, visit [www.deaconess.com/walk](http://www.deaconess.com/walk)

